

Family & MWR Fitness



OCTOBER 2012

FITNESS CLASSES

MONDAY

1200-1300 Jazzercise w/ Peggy

1730-1845 YOGA w/ Sal

TUESDAY

1200-1300 YOGA Basics w/ Joy

1630-1830 REIKI Sessions w/ Ellen

1830-1930 SPIN OFF w/ Melissa

WEDNESDAY

0930-1030 Tai Chi w/ Paul

1200-1230 SPIN'R BASICS w/ Raquel

1730-1845 Flowing YOGA w/ Marian

1845-1945 Hip Hop Aerobics w/ Val

1700-1900 Massage w/ Rose (10th & 17th)

THURSDAY

1200-1300 Jazzercise w/ Peggy

1700-1900 Chiropractic Care w/ Joe

1830-1930 SPIN OFF w/ Melissa

FRIDAY

1030-1130 Tai Chi w/ Paul

1630-1830 REIKI Sessions w/ Ellen



Wellness Sessions

*Mini-Massage (10th & 17th),
Reiki & Chiropractic Care*

Location: L10

RSVP same day for:

Duration: 15 min.

POINT OF CONTACT

Ms. BENU, BILQIS

P: (718) 630-4793/4935

EMAIL: BILQIS.Z.BENU.NAF@MAIL.MIL

LOCATION

Fort Hamilton Army Garrison
Family & MWR SPORTS & FITNESS

402 MAC ARTHUR RD., BROOKLYN NY 11252

***Location: Fitness Training L01/Wellness Corner L10**

Family & MWR Fitness



Wellness Corner

OCTOBER 2012

Mini-Massages 10 & 17 OCT from 1700-1900 hrs.

Reiki Sessions Tues/Thurs from 1630-1830 hrs.

Chiropractic Care: Thursdays from 1700-1900 hrs.

Fit-Serious II

Eligible: Military Service Branches

Command Approval/RSVP Required

Suggested Schedule: Duration 6-8 weeks/meets 2 –3 times

Suggested Time: 0600- 0730 hrs. *PT Time is optional*

Description: Fun Diverse Obstacles, Safe Modifiable Training, APFT & AWCP Compliant. All Routines and agendas are Specifically designed for your unit!



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